

## ***Doctrine of Refreshment***

1. Onesimus, Philemon's run-away slave, was a source of refreshment to Paul while he was in prison in Rome. Such is the nature of refreshment.
2. Refreshment, in this sense, refers to the special joy which flows from one person to another as they live their lives in close association in service of our Lord.
3. When doctrine is exchanged there should be a refreshment to both the teacher and the student.
4. Let's look at some examples of refreshment first in the New Testament.

Rom 15:30 Now I beseech you, brethren, for the Lord Jesus Christ's sake, and for the love of the Spirit, that ye strive together with me in your prayers to God for me;

Rom 15:31 That I may be delivered from them that do not believe in Judaea; and that my service which I have for Jerusalem may be accepted of the saints;

Rom 15:32 That I may come unto you with joy by the will of God, and may with you be refreshed.

1Co 16:17 I am glad of the coming of Stephanas and Fortunatus and Achaicus: for that which was lacking on your part they have supplied.

1Co 16:18 For they have refreshed my spirit and yours: therefore acknowledge ye them that are such.

Phm 7 For we have great joy and consolation in thy love, because the bowels of the saints are refreshed by thee, brother.

Phm 20 Yea, brother, let me have joy of thee in the Lord: refresh my bowels in the Lord.

2Co 7:13 By all this we are encouraged. In addition to our own encouragement, we were especially delighted to see how happy Titus was, because his spirit has been refreshed by all of you.

2Ti 1:16 May the Lord show mercy to the household of Onesiphorus, because this fine friend from Ephesus has often refreshed me; he was not ashamed of my being incarcerated.

2Ti 1:17 On the contrary, when he was in Rome, he searched hard for me until he found me.

4.1 In Acts 27:3 Paul is said to refresh himself by visiting with friends at Sidon after his sea voyage from Caesarea.

Acts 27:3 And the next day we touched at Sidon. And Julius courteously entreated Paul, and gave him liberty to go unto his friends to refresh himself.

Acts 3:19 Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord.

5. Now let's look at several uses in the Old Testament.

1Sa 16:23 And it came to pass, when the evil spirit from God was upon Saul, that David took an harp, and played with his hand: so Saul was refreshed, and was well, and the evil spirit departed from him.

Exo 31:17 It is a sign between me and the children of Israel for ever: for in six days the LORD made heaven and earth, and on the seventh day he rested, and was refreshed .

Isa 28:9 Whom shall he teach knowledge? and whom shall he make to understand doctrine? them that are weaned from the milk, and drawn from the breasts.

Isa 28:10 For precept must be upon precept, precept upon precept; line upon line, line upon line; here a little, and there a little:

Isa 28:11 For with stammering lips and another tongue will he speak to this people.

Isa 28:12 To whom he said, This is the rest wherewith ye may cause the weary to rest; and this is the refreshing yet they would not hear.

2Sa 16:9 Then Abishai son of Zeruah said to the king, "Why should this dead dog curse my lord the king? Let me go over and cut off his head."

2Sa 16:10 But the king said, "What do you and I have in common, you sons of Zeruah? If he is cursing because the LORD said to him, 'Curse David,' who can ask, 'Why do you do this?'"

2Sa 16:11 David then said to Abishai and all his officials, "My son, who is of my own flesh, is trying to take my life. How much more, then, this Benjamite! Leave him alone; let him curse, for the LORD has told him to.

2Sa 16:12 It may be that the LORD will see my distress and repay me with good for the cursing I am receiving today."

2Sa 16:13 So David and his men continued along the road while Shimei was going along the hillside opposite him, cursing as he went and throwing stones at him and showering him with dirt.

2Sa 16:14 The king and all the people with him arrived at their destination exhausted. And there he refreshed himself.